

Arizona's Living Well CommunityCorps

2013-2014

Phoenix, Arizona

Federal Legislative District(s): 04

PROGRAM FAST FACTS

Congressional District(s): AZ 004
State Legislative District(s): 1,6,8,11,17,18,27
Service Area by County/City: Maricopa, Pinal, Gila, Yavapai Counties
Project Federal Share: \$133,827
Project Local Match: \$80,631
Community Volunteers Recruited: 30
Volunteer Hours Served: 12,850
Value of Volunteer Hours: \$258,028

*2011 Independent Sector Rate for the Value of a Volunteer Hour in Arizona is \$20.08

Community Need

Adults in rural, low income and ethnic populations experience health disparities at a higher rate with 71% of Arizonans age 65+ having at least one chronic health condition. Due to often having low literacy skills, there is an increased need for health promotion techniques that require minimal reading. The need for chronic disease self-management is widespread throughout Arizona.

National Priority Area and Program Performance Goals

National Priority Area: Healthy Futures

- Improve the health of 75 older adults or those with a disability with chronic diseases

National Priority Area: Capacity Building

- AmeriCorps members will recruit 1 new community volunteer.
- AmeriCorps members will manage their recruited community volunteers to serve as Lay Leader and assist community-based organizations implement volunteer management practices.
- All 8 of our host organizations will have leaders trained in CDSMP.

Program Activities

Living Well CommunityCorps (LWCC) members come from one of our eight partner organizations. Each member performs slightly different yet always complimentary tasks that support the overall goals of host organization as well as play to each member's strengths. Areas of interests for our members include: cancer prevention/awareness, substance abuse, mental health, and health promotion. The primary role of our members is to be trained as Healthy Living (Chronic Disease Self-Management-Program) and/or Tomando Control

de su Salud Leaders. As Leaders, they facilitate 6 week evidence-based workshops to their communities to build self-management and symptom management skills for those dealing with ongoing health conditions. LWCC members expand their work as Healthy Living Leaders beyond the 6 week workshop to include health promotion programs and education activities. Members provide outreach assistance with applications and enrolling in needed services such as Medicaid and SNAP as well as assistance and education about the Health Insurance Marketplace and the Affordable Care Act. Many of our LWCC members are Certified Application Counselors for the Marketplace as well as Outreach Navigators.

Program Impact

Through the Living Well CommunityCorps, strong partnerships are being formed across community organizations creating braided service delivery and resource support thereby increasing the sustainability of the individual organizations. While only in its 2nd year, the LWCC has recruited 17 new members and retained 13 members from our 1st year. These 30 AmeriCorps members significantly improve the health of their communities through community gardens, assistance and education on the Affordable Care Act, as well as the delivery of health and wellness education, like the evidence-based self-management programs. LWCC also provides AmeriCorps members and volunteers with an enriching and rewarding experience by offering them the opportunity to provide services that will enhance the health and quality of life of those living in their communities.

A success from our father/son team at Orchard Community Learning Center: "Since beginning my work with AmeriCorps, I feel more connected to my family. I started a small garden onsite with my own son and have enjoyed working alongside my father (another AmeriCorps member). Also, I feel this work has inspired me to get my life "back on track", reenroll in school, and establish some long-term goals for myself and my family.



AmeriCorps Members from Orchard Community Learning Center joined with Unlimited Potential in the creation of a float for the South Mountain Festival of Thanksgiving Parade held November 2, 2013.

Cont. Living Well CommunityCorps

Mission

As the leadership organization, St. Luke's Health Initiatives serves as the anchor for the AmeriCorps project.

The mission of St. Luke's Health Initiatives is to inform, connect and support efforts to improve the health of individuals and communities in Arizona. We do this through the strategies of healthy policy, community development, capacity building, and the provision of technical assistance – all of which we undertake through partnerships and the development of communities of practice.

Vision

St. Luke's Health Initiatives seeks to be a catalyst for community health.

History

St. Luke's Health Initiatives (SLHI) has been an Arizona nonprofit corporation since 1907. For most of its existence, SLHI operated one or more hospitals in the Phoenix metropolitan area, including St. Luke's Medical Center and St. Luke's Behavioral Health Center in Phoenix, Arizona and Tempe St. Luke's Hospital in Tempe, Arizona. In 1995 SLHI sold all of its hospital facilities to OrNda HealthCorp. At the time of this transaction, SLHI was known as St. Luke's Health System. In connection with the transaction, SLHI changed its name to St. Luke's Charitable Health Trust, and then changed its name to St. Luke's Health Initiatives in 2000.

Since selling its hospital facilities, SLHI has used its financial assets to fund charitable activities and engage in public education activities as determined by the Board of Trustees following a study of community health needs and broad citizen input. Even though SLHI no longer operates a hospital system, its activities and community initiatives continue to be focused on the same principles of excellence, service and volunteerism that have characterized the St. Luke's tradition since 1907.

In 1997 two enterprising nonprofit consultants came to St. Luke's Charitable Health Trust, now St. Luke's Health Initiatives, with an innovative idea: create and support coalitions of small and midsize nonprofit agencies to develop the skills and resources to increase organization capacity to address health and social issues.

Fourteen years later, the Technical Assistance Partnership (TAP) is a complimentary program where teams of nonprofit organizations and community coalitions commit to working together in a self-initiated, self-selecting and self-sustaining process to identify and implement solutions for common organizational, technical and community development issues.

St. Luke's is committed to TAP's future but remains open as to what form that future might take. Currently, TAP offers sponsorships and technical assistance to community coalitions and nonprofits.

Partnerships

While TAP serves as the fiscal sponsor for the AmeriCorps project, St. Luke's Health Initiatives and the Arizona Living Well Institute, a division of Empowerment Systems, Inc. serve as the delivery arms of the Living Well CommunityCorps. St. Luke's and the Living Well Institute jointly selected host organizations that mirrored the missions of both organizations while serving unique communities that are often difficult to reach through traditional outreach methods.

Our community partner host organizations include:

- Arizona Living Well Institute
- Asian Pacific Community in Action
- Creciendo Unidos
- Maricopa Integrated Health System
- Orchard Community Learning Center
- Scottsdale Prevention Institute
- St. Joseph's Hospital & Medical Center
- Tanner Community Development Corporation